

GENERAL SERVICES ADMINISTRATION
Federal Acquisition Service
COCO CONSULTING AND TRADING COMPANY
Dbal HYDRORIDER USA

Authorized Federal Supply Schedule Price List

The INTERNET address for GSA Advantage!™ is: <http://www.GSAAdvantage.gov>

On-line access to contract ordering information, terms and conditions, up-to-date pricing, and the option to create an electronic delivery order is available through GSA Advantage!™, a menu-driven database system.



Schedule 78

Contract Number: 47QSMA19DO8Q4

Contract Period: May 21,2019 - May 20,2024

For more information on ordering from Federal Supply Schedules
Click on the FSS Schedules button at <http://www.gsa.gov/schedules-ordering>

Contractor: COCO CONSULTING & TRADING, INC.
11130 GRIFFING BLVD.
BISCAYNE PARK, FL, 33161 - 7250

Business Size: Small Business

Telephone: 305-762-7557
Extension: N/A
FAX Number: 786-420-5588
Web Site: www.hydroriderusa.com
E-mail: millie@hydroriderusa.com
Contract Administration: Millie Gutierrez



CUSTOMER INFORMATION:

- 1a. Table of Awarded Special Item Number: 192.04 /192.02
- 1b. Identification of the lowest priced model number and lowest unit price:
- 1c. Hourly rates: Instructor Led Training Classes are Available.
- 2. Maximum Order: \$500,000.00
- 3. Minimum Order: \$200.00
- 4. Geographic Coverage (delivery Area): WORLDWIDE /OCONUS/CONUS.
- 5. Point(s) of production (city, county, and state or foreign country): Italy / In stock items Biscayne Park, FL.
- 6. Discount from list prices or statement of net price: Government net prices (8% discount already deducted from our commercial list price)
- 7. Quantity discounts: NONE
- 8. Prompt payment terms: Net 30 days
- 9a. Notification that Government purchase cards are accepted over the micro-purchase threshold.
- 9b. Government purchase cards are accepted above the micro-purchase threshold: Yes
- 10. Foreign items (list items by country of origin): Italy Manufactured
- 11a. Time of Delivery (Contractor insert number of days): Specified on the Task Order
- 11b. Expedited Delivery. Contact Contractor
- 11c. Overnight and 2-day delivery. Contact Contractor
- 11d. Urgent Requirements.: Contact Contractor
- 12. F.O.B Points(s): Origin / Italy

13a. Ordering Address: 11130 GRIFFING BLVD. BISCAYNE PARK, FL, 33161 - 7250

13b. Ordering procedures: For supplies and services, the ordering procedures, information on Blanket Purchase Agreements (BPA's), and a sample BPA can be found at the GSA/FSS Schedule homepage (fss.gsa.gov/schedules).

14. Payment address: 11130 GRIFFING BLVD. BISCAYNE PARK, FL, 33161 - 7250

15. Warranty provision. Contractor's standard commercial warranty applies.

16. Export Packing Charges: Contact Contractor

17. Terms and conditions of Government purchase card acceptance (any thresholds above the micro-purchase level): Contact Contractor

18. Terms and conditions of rental, maintenance, and repair (if applicable): Contact Contractor

19. Terms and conditions of installation: Contact Contractor

20. Terms and conditions of repair parts indicating date of parts price lists and any discounts from list prices: Warranty provisions for parts.

20a. Terms and conditions for any other services: Contact Contractor

21. List of service and distribution points: United States and Italy

22. List of participating dealers: N/A

23. Preventive Maintenance: Customer supplied Maintenance Brochure

24a. Environmental attributes, e.g., recycled content, energy efficiency, and/or reduced pollutants: N/A

24b. If applicable, indicate that Section 508 compliance: N/A

25. Data Universal Numbering System (DUNS) number: 020281650

26. Registered in SAM



GSA SCHEDULE PRICE LIST

HYDRORIDER®	DBS3001	Professional Aquabike	Ea.	\$1,385.79
HYDRORIDER®	DBS3001-FIX	Pro-Fix Aquabike	Ea.	\$1,293.10
HYDRORIDER®	DBS3006	Easy Line Aquabike	Ea.	\$987.20
HYDRORIDER®	DBS3003	Professional Aquatreadmill	Ea.	\$2,326.65
HYDRORIDER®	DBS3004	Easy Line Aquatreadmill	Ea.	\$1,844.63
HYDRORIDER®	DBS3007	Diamond Aquajump	Ea.	\$611.79
HYDRORIDER®		Riderbands	Ea.	\$23.17

HYDRORIDER®	HMACMC	Collared Sleeved Cycling Shirt	Ea.	\$55.62
HYDRORIDER®	HMACN	Collared Sleeveless Cycling Shirt	Ea.	\$55.62
HYDRORIDER®	HSACN	Capri Cycling Shorts	Ea.	\$60.25
HYDRORIDER®	HRS0001	Neoprene Aquashoes	Ea.	\$23.17
HYDRORIDER®	DBS2043	Aquaholder	Ea.	\$46.35

HYDRORIDER COURSES

HYDRORIDER® Aquabike Training LEVEL 1	\$271.54
HYDRORIDER® Aquabike Training LEVEL 2	\$271.54
HYDRORIDER® Aquacycleing Fusion Training	\$271.54
HYDRORIDER® Aquajump Training	\$197.48
HYDRORIDER® Aquatreadmill Training	\$197.48



305-762-7557 www.hydroriderusa.com

CAPABILITY STATEMENT

Founded in 2000, Coco Consulting and Trading Inc. DBA Hydrorider® is a privately held small business located in Miami, Florida. We are the world's premier aquatic fitness brand providing the best quality of Italian manufactured aquatic exercise equipment including our top selling Aqua bikes, Aqua Treadmills, and new Aqua Jump. Hydrorider® specializes in Wellness, Aquatic Exercise, Rehabilitation Services and Physical Therapy. We provide Continuing Education Credits with the Aerobics and Fitness Association of America (AFAA), National Academy of Sports Medicine (NASM) and the Aquatic Exercise Association (AEA). Our American tailored marketing strategies have resulted in features with CNN, Business Insider, Good Morning America, and USA Today etc.

COMPANY SNAPSHOT

CAGE Code: 7CMY8
DUNS Number: 020281650



Hydrorider® POC: Millie Gutierrez, President
Email: millie@hydroriderusa.com
Phone: 305-762-7557
Address: 11130 Griffing Park Blvd.
Biscayne Park, FL 33161

CLIENTS

Parks & Recreation

- ❖ Theresa Banks Memorial Aquatics Center
- ❖ Fairland Athletic Complex
- ❖ Rollingcrest – Chillum Splash Pool
- ❖ DC Parks and Recreation

Military

- ❖ Fort McCoy – Rumpel Fitness Center
- ❖ Wounded Warrior Battalion East
- ❖ Department of Veteran Affairs – Medical Center
- ❖ Wright-Patterson Air Force Base

Education

- ❖ Embry Riddle Aeronautical University
- ❖ Cedar Crest College – Rodale Aquatic Center
- ❖ University of Missouri – Student Rec. Complex
- ❖ Milwaukee Public Schools
- ❖ Webster Central School Aquatic School

Hospitals & Rehab

- ❖ Mercy HealthPlex Club
- ❖ Sanford Wellness Center
- ❖ Memorial Hospital West
- ❖ Good Shepherd Home – Allentown

Non-Profit

- ❖ Elite Athletic Performance
- ❖ YMCA Johnson Family
- ❖ YMCA of Greenville
- ❖ YMCA Sarasota Family
- ❖ Jewish Community Center of Metro West
- ❖ Jewish Community Center of Greater Rochester

CORE COMPETENCIES

- ✓ Safe and Effective Aquatic Exercise
- ✓ Improving Overall Quality of Life Through Exercise
- ✓ Setting the Standard in Quality and Performance
- ✓ Certification Training by Hydrorider® Professional Master Trainers with Over 18 Years Experience
- ✓ Providing CEC's through AFAA, NASM and AEA
- ✓ Leading the Way in a New Aquatic Fitness Movement
- ✓ Manufacturing Superior Equipment

SOCIO-ECONOMIC STATUS



Certified Disadvantaged Business Enterprise



Minority Owned Business Certification Pending

FEATURES



BUSINESS INSIDER

USA TODAY



VOGUE Daily



BAZAAR



PROFESSIONAL



Unique Design

- Made for continuous daily use
- Adjustable resistance - 3 levels light, moderate, intense
- Seat and Handlebars adjust forward and backward as well as vertically
- Uses in Circuit training, personal training, and aqua cycling
- Less back and knee injuries

Use in Rehabilitation and Physical Therapy

- Front handlebars can be completely reversed so the 'horns' are closer to the cyclist for posture and control
- Constant water massage and benefits of aquatic exercise affecting change in circulation, lactate, heart rate and breathing

DIMENSIONS

EQUIPMENT

Weight: 50 lbs, 23 Kg
Length: 51 in., 130 cm
Width: 24 in., 60 cm
Height: 55 in., 140 cm

PACKAGING

Weight: 55 lbs, 25 Kg
Length: 40 in., 100 cm
Width: 36 in., 88 cm
Height: 7 in., 16 cm

PRO-FIX



- Perfect hybrid between Professional and Easy-line
- Self-lubricated bearing flywheel
- Seat and Handlebars adjust forward and backward as well as vertically
- Professional model's economical counterpart
- Less back and knee injuries

Use in Rehabilitation and Physical Therapy

- Stress free training on joints and lower back
- Constant water massage and benefits of aquatic exercise affecting change in circulation, lactate, heart rate and breathing

DIMENSIONS

EQUIPMENT

Weight: 50 lbs, 23 Kg
Length: 51 in., 130 cm
Width: 24 in., 60 cm
Height: 55 in., 140 cm

PACKAGING

Weight: 55 lbs, 25 Kg
Length: 40 in., 100 cm
Width: 36 in., 88 cm
Height: 7 in., 16 cm

EASY-LINE



Versatility, applicability and adaptability for different types of training.
Great for all age groups and level of physical ability.

Fitness & Recreation

- Low investment
- Low impact
- Low maintenance
- Low requirement for regulation - one set resistance

Use in Rehabilitation and Physical Therapy

- Easy to mount - 'step-through'
- Resistance determined by speed of pedaling
- Conditioning and building agility

DIMENSIONS

EQUIPMENT

Weight: 40 lbs, 18 Kg
Length: 51 in., 130 cm
Width: 24 in., 60 cm
Height: 55 in., 140 cm

PACKAGING

Weight: 48 lbs, 25 Kg
Length: 40 in., 100 cm
Width: 36 in., 88 cm
Height: 8 in., 19 cm

COMPARE

	PROFESSIONAL	PRO-FIX	EASY-LINE
2-year Frame Warranty			
AISI 316L Marine Stainless Steel			
Adjustable Bases			
Base Extension Options			
Rubber Non-Skid Bases			
Colored/Extra Wide Seat Options			
3 Pedal Options			
Vertical Seat Adjustment			
Vertical Handlebar Adjustment			
Fore-Aft Seat Adjustment			
Fore-Aft Handlebar Adjustment			
Handlebars Invert			
3 Resistance Levels			

Level 1 and Level 2 Aquabike Certification training available for CEU's with AEA, AFAA and NASM

GENERAL INFO

Pool Depth - Ideal pool depth is 4' to 5' (122cm - 152cm)

Maintenance & Storage - There is no special maintenance required! We recommend checking the rubber bases periodically. Equipment may be left in chlorinated water or stored on the pool deck. Use of equipment in thermal, salt and mineral rich waters may require more attention. We recommend rinsing with fresh water and occasionally using a stainless steel cleaning solution.

Apparel & Training - Available upon request; contact info@hydroriderusa.com

OUR STORY

Since 2000, HYDRORIDER has led the way in a new fitness movement and is now the world's premier aquatic fitness brand. Designed and fine crafted in Italy from Marine Stainless Steel, HYDRORIDER Professional Aquatic Equipment sets the standard in quality and performance.

With the top selling aquabike worldwide, HYDRORIDER AquaCycling has become a fitness phenomenon because of the many incredible health benefits combined with the low impact on joints.

CONTACT



HYDRORIDER
11130 Griffing Blvd.
Miami, FL 33161



+1.305.762.7557



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@hydrorider

HYDRORIDERUSA.COM



HYDRORIDER®
PROFESSIONAL AQUATIC EQUIPMENT

AQUABIKES

DIAMOND AQUAJUMP



The HYDRORIDER Diamond AquaJump is great for multiple aquatic uses such as:

- Physical training
- Weight loss
- Body balance
- Body toning
- Rehabilitation
- Physical Therapy

DIMENSIONS (SINGLE)

EQUIPMENT

Weight: 20 lbs, 9 Kg
Length: 38.5 in., 98 cm
Width: 38.5 in., 98 cm
Height: 9 in., 23 cm

PACKAGING

Weight: 23 lbs, 10 Kg
Length: 39.5 in., 100 cm
Width: 39.5 in., 100 cm
Height: 11.5 in., 29 cm

GENERAL INFO

Pool Depth - Ideal pool depth is 4' to 5' (120cm - 150cm)

Maintenance & Storage - There is no special maintenance required. We recommend checking the rubber bases periodically. Equipment may be left in chlorinated water or stored on the pool deck. Use of equipment in thermal, salt and mineral rich waters may require more attention. We recommend rinsing with fresh water and occasionally using a stainless steel cleaning solution.

Using high-quality materials, the HYDRORIDER Diamond AquaJump's AISI 316L Marine Stainless Jump frame and innovative jump platform were designed specifically for pool use.

The HYDRORIDER Diamond AquaJump can be stacked for easy storage.



The AquaJump allows you to enjoy all the benefits of an aquatic exercise such as:

- High caloric burn
- Lean muscle-building
- Reduced stress on joints
- Muscle relaxation
- Blood flow stimulation
- Cellulitis reduction

DIMENSIONS (STACK OF 7)

EQUIPMENT

Weight: 140 lbs, 63.5Kg
Length: 38.5 in., 98 cm
Width: 38.5 in., 98 cm
Height: 22 in., 56cm

PACKAGING

Weight: 160 lbs, 72.5 Kg
Length: 39.5 in., 100cm
Width: 39.5 in., 100 cm
Height: 24.5 in., 62 cm

OUR STORY

Since 2000, HYDRORIDER has led the way in a new fitness movement and is now the world's premier aquatic fitness brand. Designed and fine crafted in Italy from Marine Stainless Steel, HYDRORIDER Professional Aquatic Equipment sets the standard in quality and performance.

With the new addition of the Diamond Aquajump, HYDRORIDER programming continues to be a fitness phenomenon because of the many incredible health benefits combined with the low impact on joints.

TRAINING

Aquajump Certification training available for Continuing Education Units with:

Aquatic Exercise Association
National Academy of Sports Medicine
Aerobics and Fitness Association of America

Apparel & Training - Available upon request; contact info@hydroriderusa.com

CONTACT



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HYDRORIDER®
PROFESSIONAL AQUATIC EQUIPMENT

AQUAJUMP

PROFESSIONAL



Unique Design

- Extended handlebars
- Adjustable inclination - 3 levels

Specialty Uses

The HYDRORIDER Professional Aquatreadmill alleviates challenges in hip, knee and ankle angles and the swing phase of exercising with the benefit of the water's buoyancy and stability assured by a full length handlebar.

- The 3 different levels of inclination increase the workout and flexion angle to encourage a broader range of movement for physical therapy.
- Continual water massage on the body and a gentle foot massage by the 308 rollers.

DIMENSIONS

EQUIPMENT

Weight: 79 lbs, 36 Kg
Length: 51 in., 130 cm
Width: 31 in., 78 cm
Height: 55 in., 140 cm

PACKAGING

Weight: 95 lbs, 43 Kg
Length: 52.4 in., 133 cm
Width: 34 in., 87 cm
Height: 17 in., 43 cm

GENERAL INFO

Pool Depth - Ideal pool depth is 4' to 5' (120cm - 150cm)

Maintenance & Storage - There is no special maintenance required. We recommend checking the rubber bases periodically. Equipment may be left in chlorinated water or stored on the pool deck. Use of equipment in thermal, salt and mineral rich waters may require more attention. We recommend rinsing with fresh water and occasionally using a stainless steel cleaning solution.

Use - Great for Circuit classes, Skiing, Running, Gliding, Squats, Abdominals, Physical Therapy and Stretching.

COMPARE

	PROFESSIONAL	EASY-LINE
1yr Frame Warranty		
AISI 316L Marine Stainless Steel		
Rolling Wheels for Easy Mobility		
Rubber Non-Skid Base		
308 Independent Rollers		
Front Handlebar		
Shock Absorbing Platform		
Foldable for Easy Storage		
3 Inclination Levels		
Full Length Side Handlebars		

EASY-LINE



Unique Design

- Multipurpose
- Excellent for group exercise, circuit training, personal training and athletic training.
- Use with special populations in medical and fitness facilities for physical therapy and rehabilitation for those with limitations caused by Arthritis, Fibromyalgia, injury, obesity and decondition.

Unique Design

- No mechanical resistance
- No motor controls
- User must actively use the legs and feet to impress force on the rollers.
- Unique moves and exercises such as: running, walking and also skiing, gliding and stretching

DIMENSIONS

EQUIPMENT

Weight: 68 lbs, 31 Kg
Length: 47 in., 120 cm
Width: 31 in., 80 cm
Height: 51 in., 130 cm

PACKAGING

Weight: 77 lbs, 35 Kg
Length: 48 in., 122 cm
Width: 27 in., 68 cm
Height: 8 in., 20 cm

OUR STORY

Since 2000, HYDRORIDER has led the way in a new fitness movement and is now the world's premier aquatic fitness brand. Designed and fine crafted in Italy from Marine Stainless Steel, HYDRORIDER Professional Aquatic Equipment sets the standard in quality and performance.

With the top selling aquatreadmill worldwide, HYDRORIDER AquaRunning has become a fitness phenomenon because of the many incredible health benefits combined with the low impact on joints.

TRAINING

Aquatreadmill Certification training available for Continuing Education Units with:

Aquatic Exercise Association
National Academy of Sports Medicine
Aerobics and Fitness Association of America

Apparel & Training - Available upon request; contact info@hydroriderusa.com

CONTACT



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HYDRORIDER®
PROFESSIONAL AQUATIC EQUIPMENT

AQUATREADMILLS



<https://www.hydoriderusa.com/>

Training Courses

Provided by Hydrorider Instructors with hands on learning to master the use of the Hydrorider aquabike, including positioning & usage, class programming, water properties, anatomy & physiology, and much more.



LEVEL 1 AQUABIKE TRAINING COURSE

<https://www.hydroriderusa.com/product-page/level-1-aquabike-certification-course>

AQUABIKE TRAINING QUALIFIES FOR 6 AEA, 6 AFAA, AND .6 NASM CEC'S

HYDRORIDER programming is becoming more prevalent in clubs and pools across the globe. This certification course includes classroom theory, practical applications in the pool and a one-hour exam.

Discover the HYDRORIDER along with the benefits of cycling in the water.

Upon completion of this course you will have training in:

Proper bike set-up and placement in pool

Music applications and cadence

Pedaling techniques

Hand positions

Riding postures

Contraindicated movement

Cueing strategies

Class development and MUCH MORE!

This is your opportunity to EXPAND YOUR HORIZONS in group fitness and personal training.

Enhance your aquatic fitness programming with cutting edge equipment, fresh formatting and new members.

All participants must bring footwear for protection, a bathing suit or chlorinated resistant attire.

Please plan accordingly to bring a healthy lunch unless the facility provides for some. The Training is 7 hours in duration with approximately; 2.5 hours theory, 3 hours practical, 1-hour lunch and 0.5-hour exam. The practical part is divided in 2 classes; 1 hour in the morning and 1.5 hour in the afternoon therefore an extra bathing suit may be necessary.

LEVEL 2 AQUABIKE TRAINING COURSE

<https://www.hydroriderusa.com/product-page/aquabike-training-certification-course-level-2>

AQUABIKE TRAINING QUALIFIES FOR 6 AEA, 6 AFAA, AND .6 NASM CEC'S

HYDRORIDER® has updated their training program with new teaching and technical skills that can be used in basic aquatic cycling classes or for combined workouts with other water activities. This course will introduce advanced positions and various intervals/circuit workouts. Take away recent research on aqua cycling, as well as various training methods and techniques for monitory intensity.

Course includes:

- New & improved teaching methods for aquacycling classes
- Techniques for introducing balance exercises with aqua cycling
- Additional ideas for incorporating circuit training with the aquabikes
- HIIT- Interval formatting for aquacycling
- Tips for aquacycling & special populations

All participants must bring footwear for protection, a bathing suit or chlorinated resistant attire.

Please plan accordingly to bring a healthy lunch unless the facility provides for some. The Training is 7 hours in duration with approximately; 2.5 hours theory, 3 hours practical, 1-hour lunch and 0.5-hour exam. The practical part is divided in 2 classes; one hour in the morning and 1 hour in the afternoon therefore an extra bathing suit may be necessary

AQUACYCLING FUSION TRAINING COURSE

<https://www.hydroriderusa.com/product-page/aquabike-training-certification-course>

AQUABIKE TRAINING QUALIFIES FOR 6 AEA, 6 AFAA, AND .6 NASM CEC'S

This course will take highlights from both the LEVEL 1 and LEVEL 2 Aquabike Training Classes to give insight into the basic and advanced positions for various intervals/circuit workouts. Take away recent research on aqua cycling, as well as various training methods and techniques for monitoring intensity and class creation.

Course includes:

- New & improved teaching/instructor methods for aquacycling classes
- Techniques for introducing balance exercises with aqua cycling
- Additional ideas for incorporating circuit training with the aquabikes
- HIIT- Interval formatting for aquacycling
- Tips for aquacycling & special populations

All participants must bring footwear for protection, a bathing suit or chlorinated resistant attire.

Please plan accordingly to bring a healthy lunch unless the facility provides for some. The Training is 9 hours in duration with approximately; 3.5 hours theory, 4 hours practical, 1-hour lunch and 0.5- hour exam. The practical part is divided in 2 classes; 1.5 hour in the morning and 2.5 hour in the afternoon therefore an extra bathing suit may be necessary.

AQUATREADMILL TRAINING COURSE

<https://www.hydoriderusa.com/product-page/aquatreadmill-training-certification-course>

This training course presents the technical characteristics of the HYDRORIDER® aquatic treadmill and the opportunity with which it can be used as a Workout Station for a total body aquatic training applied for younger to older, beginner or advanced students. Take away a variety of instructional approaches, as well as basic steps, core and upper body exercises so that you can plan a perfect class with the Aqua Treadmill.

All participants must bring footwear for protection, a bathing suit or chlorinated resistant attire.

Please plan accordingly to bring a healthy lunch unless the facility provides for some. The Training is 8 hours in duration with approximately; 4 hours theory, 2 hours practical, 1-hour lunch and 1-hour exam. The practical part is divided in 2 classes; one hour in the morning and 1 hour in the afternoon therefore an extra bathing suit may be necessary.

AQUAJUMP TRAINING COURSE

<https://www.hydoriderusa.com/product-page/aquajump-training-certification-course>

This extended training course presents the technical characteristics of the HYDRORIDER® aqua trampoline and the versatility with which it can be implemented in a variety of aquatic fitness programs, younger to older, beginner to advanced. Take away a variety of instructional approaches, as well as basic steps and exercises so that you can plan a perfect class with the AquaJump.

Course includes:

- Use & safety recommendations for the aquatic trampoline
- Tips for creating circuit programs and integrating other equipment
- Skills and training for cardio, plyometric, balance and more
- Teaching methods for integrating multiple fitness levels in one class

All participants must bring a bathing suit or chlorinated resistant attire. Aquashoes are optional.

Please plan accordingly to bring a healthy lunch unless the facility provides for some. The Training is 7 hours in duration with approximately; 2.5 hours theory, 3 hours practical, 1 hour lunch and 30 minute exam.

